

In the Claims:

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1. (Amended) A home trainer designed to accommodate a bicycle, the home trainer comprising a brakable drive roll incorporated in a frame, which drive roll can be mounted in a friction coupling with a driven wheel of the bicycle, a sub-frame provided on the frame that is rotatable about a first pivoting point, the drive roll being mounted in the sub-frame, a handle provided on the frame and rotatable about a second pivoting point, which handle is adjustable between an operational position wherein the handle pushes the sub-frame towards the wheel such that the drive roll and the wheel maintain the friction coupling, and a neutral position wherein the handle releases the sub-frame such that the drive roll and the wheel do not engage.

2. (Amended) A home trainer according to claim 1 wherein the handle is provided with an adjustable tuning knob for determining the position of the sub-frame in the operational position.

2. 3. (Amended) A home trainer according to claim 1 wherein at a side directed towards the sub-frame, the tuning knob is provided with a bush, and the sub-frame has a sliding rim designed to intermate with the bush, the sliding rim terminating in a recess which, when the bush is placed therein, determines the operational position of the handle.

3. 4. (Amended) A home trainer according to claim 1 wherein the drive roll is coupled with a flywheel that conducts at least partially magnetic lines of flux, and additionally comprising a position-adjustable magnet located near the flywheel.

4. 5. (Amended) A home trainer according to claim ³4 wherein the magnet is adjustable to a position between a neutral position near a pivoting point of the flywheel and a maximal brake position near an outer circumference of the flywheel.

5. 6. (Amended) A home trainer according to claim ³4 wherein the flywheel comprises recesses over a periphery located near the neutral position of the magnet.

6. 7. (Amended) A home trainer according to claim ³4 wherein the flywheel comprises an aluminum disc and wherein a remainder of the flywheel is substantially made of steel.

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A home trainer according to claim 4 wherein the magnet is coupled with a

spring-loaded cable and the magnet is adjustable by operating a cable.